

## Alexandria Gazette.

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"That may be, doc—but I doubt if you can write down in fifteen minutes 100 names of people you know personally."

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The chief point here is the critical examination of what is called hunger. Many persons believe that any and every sensation of hunger must be satisfied immediately, but this is a great mistake. An equally great if not worse mistake is the opinion that one must eat until a sense of satiety arises. Excessive nutrition injures the mental capabilities also. Of the particular consequences of excessive nutrition, such as hypochondria (the very name of which refers the reader to the region of the abdomen) and the gout, it is hardly necessary to speak.—Blatter Fur Volksgesundheitspflege.

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THURSDAY EVENING, SEPT. 10, 1903

One Hundred and Good Many.  
The manufacturer and the doctor were having a quiet little smoke. A middle aged man sauntered in, spoke genially to both gentlemen and passed on.

"Doc, who was that?"  
"Why, that was James Brown of—"  
"You know," the manufacturer said by way of reply, "I meet men, scores of them, just like that every day whose names I can't recall."

With just a shade of superior ability the doctor replied, "Well now, among all the men and women I know I call most all by name as I greet them. I tell you it's a trick of the profession."

"That may be, doc—but I doubt if you can write down in fifteen minutes 100 names of people you know personally."

The doctor jumped to his feet and said, scornfully, "Jingoes! I can."

"All right. I'll bet a box of cigars on it."

The doctor, pencil in hand, was soon hard at work. "Time!" The manufacturer's watch snapped shut, and as he looked over the doctor's shoulder he counted 63.

They finished their cigars in silence—but the next morning the manufacturer's friends chuckled audibly over the doctor's professional knowledge of applied psychology.—Milwaukee Sentinel.

**The Sign of Nutrition.**  
To overload the stomach with food is not less unhealthy than to indulge it with beverages. The more nutritious the food the more hazardous are the consequences when excess is habitual.

Of all the sins of nutrition, the immoderate use of meat is certainly the most